

Mexican Shrimp Salad

Servings: 4

Ingredients:

- 1 can (14.25 oz.) black beans
- 6 oz. chopped Romaine (about 1 head of a 3-head Hearts of Romaine bag)
- 2 medium Tomatoes, cut into small wedges
- ½ c. salsa (I prefer the fresh dairy case style, but use whatever I have on hand)
- 1 medium avocado, diced
- 1 lb. salad shrimp (fresh or canned)
- ¼ tsp. cumin
- ¼ tsp. garlic powder
- 2 Tbl. Rice Vinegar

Directions:

1. Cut, wash and dry (salad spinner) 1 head of Romaine (from 3-head bag).
2. Add remaining ingredients: beans, tomato, avocado, salsa, shrimp, spices and vinegar and toss well.
3. Divide salad between four plates and serve immediately.

Optional add-ons: (not included in Nutrition data)

1 oz. tortilla chips

Nutrition: (Serving size: ¼th Recipe)

Calories: 300 *Protein:* 30.5g *total carbohydrate:* 28.45g *total fat:* 9.1g
sugars: 6.7g *sodium:* 1691mg *dietary fiber:* 10g *saturated fat:* 1.3